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THE FAMILY MEDICAL ADVISER.

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THE

MEDICAL ADVISER

AND

GUIDE TO HEALTH,

FOR THE USE OF FAMILIES.

COMPRISING

OVER ONE HUNDRED PRESCRIPTIONS.

BY

L. E. JOHNSON, M. D.

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L. E. Johnson, M. D.

PREFACE.

This manual is intended to give such information as an intelligent person, without a medical education will need, and can readily make available in the management of the various ailments and accidents frequently occurring in almost every family. It is designed to embrace everything pertaining to domestic treatment, a sufficient number of prescriptions, with full and complete directions for administering the medicines and applying the remedies being given for every disease, ailment or accident that can be safely treated in the absence of a physician.

People will not undertake to doctor themselves in cases of serious illness, and they ought not to, and for this reason no prescription is given for any disease which a physician only ought to treat; but there are many, very many, ailments and accidents of frequent occurrence for which heads of families would like to know what to do without calling in a

physician, or before the services of one can be secured. In all such cases I believe this work will be found very useful.

Particular attention is called to the treatment prescribed for Diarrhœa, Dysentery, Colic, Cramps, Cholera Morbus, Colds, Coughs and Chills and Fevers. In the whole catalogue of human ailments, there are none that are more common, and none that yield more speedily to proper treatment. People are apt to delay a day or two in calling in their physician for these diseases, and thus the most valuable time for treatment is lost. Fortunately, they usually commence in a mild form, and will then promptly yield to the medicines prescribed for them in this manual. It is exceedingly important that the treatment advised be commenced without delay. If instituted at the beginning of an attack, a speedy cure may be expected in almost every case. But if treatment be delayed for hours, or a day or two, these diseases frequently assume dangerous forms, and are often fatal.

The reader can place the utmost confidence in every statement found in this work. The prescriptions have been repeatedly tested during an experience of more than twenty years, and they will accomplish all I say they will when medicines prescribed are taken as directed.

NOTE.

This book is so plain and simple, that any one can readily find all the information necessary for the domestic treatment of almost every ailment, accident or emergency. In order to facilitate its examination, the Table of Contents and the Index have been made very full and complete. In cases of sudden illness, accidents or emergencies, refer at once to the Index.

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MEDICINES

That Should Always be Kept on Hand.

Every family should keep at all seasons of the year the following medicines:

Castor Oil.....1 ounce.
Extract of Jamaica Ginger.....1 ounce.
Laudanum.....1 ounce.
Paregoric.....1 ounce.
Aromatic Spirits of Ammonia...1 ounce.
Essence of Peppermint.....1 ounce.
Spirits of Turpentine.....1 ounce.
Alum .....¼ pound.
1 Box of good Mustard, and
1 Self-injecting Syringe.

All the above can be had of merchants, except in some cases, ammonia and the syringe, and they can be obtained of the nearest druggist. When bought of merchants, the vials may contain a little more or a little less than one ounce. With these few simple

remedies, easily procured, and costing about two dollars, any head of a family will be prepared to promptly relieve almost any case of sudden illness that may occur in his family. In the summer, it would be well to have two ounces of Tincture of Catechu, and in the winter and spring, two or three ten grain doses of Dover's Powders, and one ounce each of Syrup of Ipecac and Syrup of Squills, and a half pound of Flaxseed. Other medicines prescribed can be procured as needed.

The doses prescribed are for adults, unless otherwise specified. It is best, however, to know what proportions of the doses for adults, younger people should take, and the following are universally adopted by the medical profession.

At	1 year,	take of an adult's dose	$\frac{1}{13}$
	2	" "	$\frac{1}{7}$
	3	" "	$\frac{1}{5}$
	4	" "	$\frac{1}{4}$
	6	" "	$\frac{1}{3}$
	8	" "	$\frac{2}{5}$
	10	" "	$\frac{1}{2}$
	12	" "	$\frac{2}{3}$
	14	" "	$\frac{3}{4}$

Whenever water is prescribed for mixing medicines, rain water should be used, if possible; when it cannot be procured, use good, clear spring or well water.

As Simple Syrup, Lime-Water and Flaxseed Tea are sometimes prescribed, it is well to know how to make them.

How to make Simple Syrup.

Take of—

White Sugar..... .....1 pound.
Water.....½ pint

Dissolve the sugar in the water by the aid of a gentle heat.

How to make Lime-Water.

Take of—

Lime.....A lump about the size of an egg.
Water.....One quart.

Upon the lime, first slacked with a little water, pour the remainder of the water, and stir together; then cover well and set aside for several hours. The solution should be kept standing upon the undissolved lime, well covered, and poured off clear when required for use.

How to make Flaxseed Tea.

Take of—

Flaxseed..... ...1 tablespoonful.
Boiling water.....1 pint.

Pour the boiling water on the flaxseed, cover the vessel, and place it near the fire for two or three

hours. Do not boil the flaxseed in the water, as the oil would then be extracted, making the tea disagreeable to the stomach. After preparing the tea as directed, the juice of one lemon may be added to it, and when used, it may be sweetened to suit the taste of the patient.

Advice is always given, if necessary, about what to eat or drink when taking any of the following prescriptions.

DISEASES AND THEIR TREATMENT.

Colds.

More diseases are contracted, and lives lost from cold, perhaps, than from any one other cause. While an abundance of pure air is highly conducive to health, an excess of cold means suffering, disease and often death. Every precaution should therefore be used to avoid taking cold.

Keep the feet warm and dry.

Never sit in a cool draught of air when overheated.

Never go from a warm room into the open air, in cool weather, without putting on an extra garment.

Do not stand still on cold, damp ground, in thin shoes or boots, unless well protected by over-shoes.

Never allow yourself to become chilled. If you feel chilly while standing still, walk briskly until you become warm. Always wear sufficient clothing to keep warm.

Never, under any circumstance, neglect a cold. When you have contracted one, you must at bedtime—

1.

Take—

A warm mustard foot-bath, and drink a glassfull of warm flaxseed tea, and retire to bed immediately after taking the following:

2.

Take of—

Dover's Powder.....10 grains.

Take in molasses or syrup in one dose.

Remain in the house a day or two, and repeat prescriptions 1 and 2 the second and third nights, unless much improved.

If a cough accompanies or follows the cold—

3.

Take of—

Syrup of Ipecac.....4 teaspoonfuls.
Paregoric.....4 teaspoonfuls.
Simple Syrup.....4 teaspoonfuls.

Mix.

Dose.—One teaspoonful every three or four hours until the cough is relieved.

If from any neglect a cough has continued a week or more, the following should be used:

4.

Take of—

Syrup of Squills.....4 teaspoonfuls.
Paregoric.....4 teaspoonfuls.
Simple Syrup.....4 teaspoonfuls.

Mix.

Dose.—One teaspoonful every three or four hours until the cough is relieved.

By carefully observing these precautions, and faithfully using the prescriptions as directed, many serious diseases will be avoided. While it cannot be denied that with every care that can be used, persons will sometimes contract Bronchitis, Pneumonia, Pleurisy and other diseases due to cold, still I am fully convinced that at least one-half of the cases of these diseases would be avoided by a faithful observance of the simple precautions already given. How important then the admonition, never to neglect a cough or a cold! The writer, many years ago, while busily engaged in practice contracted a cough, the result of bronchitis, which lasted several weeks, on account of being neglected. It disappeared upon the appearance of warm weather, reappearing at the beginning of the following winter. Determining not to suffer as he had before, and run the risk of contracting a serious disease, he immediately commenced using prescription 3, with the most happy results. The medicine acted like a charm, a few doses giving complete relief. Many of the most illustrious men of our country have lost their lives by not observing the simple precautions and advice given in the beginning of this article.

Sore Throat.

This is one of the symptoms of several diseases of much danger to life, but in these cases the constitutional disturbance is so great that a physician is usually very properly called in at once.

Ordinary sore throat, the result of a common cold, will be speedily relieved by the following prescriptions:

5.

Take of—

Table Salt.....1 teaspoonful.
Water.....½ pint.
Mix.

Gargle well every two hours.

6.

Take of—

Chlorate of Potassa.....1 teaspoonful.
Water.....½ pint.
Mix.

Gargle well every two hours.

7.

Take of—

Good Hot Sage Tea.....½ pint.
Alum.....1 tablespoonful.
Honey.....4 tablespoonfuls.
Mix.

Gargle well every two hours.

Either of these prescriptions can be relied on to relieve Sore Throat in a short time. Every hour's

delay in using them, retards the cure. I have, myself, frequently experienced their good effect.

Bathing the throat well with a liniment composed of equal parts of Spirits of Hartshorn and Sweet Oil, will hasten the cure. A piece of flannel should be worn after bathing the throat with liniment.

Croup.

This disease affects children chiefly. It usually occurs suddenly in the night, and is attended with paroxysms of coughing, with a ringing, barking sound. The first thing to be done is to make the child vomit. For this purpose—

8.

Take of—

Alum—reduced to powder.....1 teaspoonful.

Dose.—For a child four years old, one teaspoonful in molasses or syrup. Repeat in ten minutes, if vomiting does not occur. May give four doses if necessary, to produce free vomiting.

The following is also a most excellent emetic for Croup, and is sometimes more effectual than Alum.

9.

Take of—

Powdered Ipecac.....½ teaspoonful.

Dissolve in water.

Dose.—Give the whole to a child four years old, and repeat in ten minutes, if necessary. May give four doses, ten minutes a part, if necessary, to produce free vomiting.

Dip a piece of flannel in warm water, wring it well and apply to the neck. Renew as often as it cools.

The child will, in all probability, be much easier as soon as vomiting occurs. It may have successive attacks for several nights. Although an attack of croup usually alarms parents, there is not much danger so long as the voice is clear. Croup lasting through the day, even if apparently mild, is much more dangerous than when confined to the night. In any case, however mild, when the voice is hoarse and husky, there is danger of an impending severe attack, and the family physician should be called without delay. The treatment prescribed will be proper until his arrival.

Colic.

This is a painful, spasmodic affection of the bowels. If from an overloaded stomach or indigestible food—

10.

Take of—

Castor Oil.....2 tablespoonfuls.

Give at once, and when bowels are freely moved, if not relieved, give twenty-five drops of laudanum, and repeat in one hour if necessary. May give three or four doses, if necessary.

If the person is suffering very much, the bowels should be opened at once with an injection composed of the following:

11.

Take of—

Warm Water..... 1 pint.
Salt.....1 tablespoonful.
Molasses.....2 tablespoonfuls.
Mix.

Inject the above as soon as prepared, and if the bowels are not moved in ten minutes, repeat injection. In all cases, when an injection is given for colic, it should be sufficiently warm for the heat to be distinctly felt by the patient. It then produces a most grateful feeling of relief. If not relieved when the bowels are opened, give laudanum as directed, after oil. Molasses may be omitted in injection if not convenient. Immediate relief will result in almost every case.

Many persons, especially the young, suffer occasionly from colicky symptoms, with painful, aching, and sometimes, knawing sensations about the stomach and abdomen.

For this form use the following:

12.

Take of—

Extract of Jamaica Ginger.....20 drops.
Essence of Peppermint.....10 drops.
Mix.

Take in a wineglassful of sweetened water. Repeat in one hour, if necessary.

Some persons suffer frequently from indigestion and colicky symptoms, with a sense of oppression about the chest, and an aching pain extending through the chest to the back, accompanied with a desire but inability to belch. The following prescription will speedily relieve this trouble:

13.

Take of—

Tartaric Acid.....20 grains.
Bicarbonate of Soda.. ....25 grains.

Disolve the acid in three or four tablespoonfuls of water in one glass, and the soda in the same quantity of water in another glass. Pour the contents of one glass into the other and drink while effervesceing.

Chills and Fevers and Agues

Are too well known, wherever they prevail, to require any description. The following treatment will be found effectual:

14.

Take of—

Quinine—or
Cinchonidia.....25 grains.

Make 10 pills.

Dose.—Two pills every two or three hours, until six are taken in one day, and four next day. *Ten pills must be taken in two days.* If only four can be taken the first day, six must be taken next day. Commence taking pills as soon as the fever wears off. Do not delay one hour. In nineteen cases in twenty, if the pills are taken as directed, the chills or agues will cease If they do not, then take four pills daily, two at a time, three hours apart, until a cure is effected.

If there is costiveness, with a bitter taste in the mouth, a cathartic is necessary. It is often given first, but this is not best. The first thing to be done is to stop the chill, then if necessary—

15.

Take of—

Calomel.... . .....10 grains.
Powdered Rhubarb.. ....10 grains.
Mix.

Give the whole in molasses, at bedtime. I give this prescription because many persons prefer a calomel purge in this form. I have found, in practice, the following to answer as well:

16.

Take of—

Compound Cathartic Pills.....4 or 5.

Four pills will usually operate sufficiently, but if the patient knows his bowels are hard to move, he should take five at one dose.

There is a remarkable tendency in chills and agues to return in many cases in a week or ten days. The fault is not in the medicine, but it is the nature of the disease. The only possible way to prevent a return in such cases, is to continue medicine for at least one month, and in a few

instances it will be necessary to do so throughout the entire sickly season. To prevent a return in cases in which this tendency exists, the following prescription should be used:

17.

Take of—

Quinine—or
Cinchonidia .....½ ounce.
Muriated Tincture of Iron.....1 ounce.
Simple Syrup.....1 pint.

Mix by shaking well.

Take one teaspoonful three times a day, before meals, for one month, or longer, if necessary, to effect a perfect cure.

For children who cannot take pills, prescription 17 may be given. A child six years old should take one teaspoonful three times a day for two days, then one teaspoonful daily for one month.

If these directions are faithfully followed, a permanent cure will be effected.

I cannot insist too strongly upon the great importance of following these directions to the letter, for I know whereof I speak. The medicines prescribed will cure the patient, and will keep him well if he will do as he is here instructed.

When inconvenient to use prescription 17, for children, the following treatment should be adopted. It will require 2 grains of Quinine or Cinchonidia

for every year of the child's age, to stop the Chills or Agues, e. g., 2 grains at one year, 4 grains at two years, 6 grains at three years, and so on, according to the age. The necessary quantity should be procured and divided into five equal powders. Three powders must be given in a little water the first day, and two the next day, one at a time, two or three hours apart. When the Chills cease, prescription 17 may be used, or one powder of Quinine or Cinchonidia may be given daily for several weeks.

Diarrhœa.

Diarrhœa consists of frequent and excessive discharges from the bowels—the evacuations being more liquid than usual. The following prescriptions will be appropriate for ordinary summer diarrhœa:

18.

Take of—

Laudanum. ....2 teaspoonfuls.
Tincture of Catechu....2 ounces.

Mix.

Dose.—One teaspoonful every four hours until relieved.

If there are indications of acidity of the stomach and bowels, use the following:

19.

Take of—

Laudanum.....2 teaspoonfuls.
Tincture of Catechu ....2 ounces.
Chalk Mixture..... ...2 ounces.

Mix.

Dose.—Two teaspoonfuls every four hours until relieved.

Either of these prescriptions can be relied on to effect a cure in a short time—a day or two at most—if medicine is taken in time.

If from neglect, diarrhœa has lasted a week or more, the following has invariably succeeded in my hands.

20.

Take of—

Powdered Opium .....10 grains.
Acetate of Lead.....20 grains.

Make 20 pills.

Dose.—One pill every 4 hours until relieved.

It would be better for a druggist to put up this prescription.

The following makes an excellent preparation for diarrhœa in children:

21.

Take of—

Paregoric. ..... 2 teaspoonfuls.
Tincture of Catechu.... 2 teaspoonfuls.
Chalk Mixture.....12 teaspoonfuls.

Mix.

Dose.—For a child 4 years old, one teaspoonful every four hours, until relieved.

If Chalk Mixture cannot be conveniently procured, water may be substituted for it.

Dysentery.

The evacuations in dysentery are small, frequent, painful, and contain blood mixed with mucus. There is generally considerable soreness, with tenderness of the abdomen.

Unless the evacuations were large at the beginning, the following treatment should be commenced at once.

22.

Take of—

Castor Oil ..... 1 tablespoonful.
Laudanum .....10 drops.
Mix.

Give the whole at one dose. If not relieved in twelve hours, give either prescription 18 or 19, until a cure is effected. If the evacuations were large at the beginning, omit the oil, and commence with prescription 18 or 19 at once.

Apply a warm mush poultice to abdomen, and renew as often as necessary. A speedy cure may be confidently expected in all mild cases when this treatment is adopted in time. If, however, the disease does not speedily improve under this treatment, or if it begins in a severe form, or prevails in

the neighborhood as an epidemic, the family physician should be called in without delay. If the disease commences in a severe form, or prevails as an epidemic, omit oil and begin with prescription 18 or 19, and repeat doses every three hours until the arrival of the doctor.

In all cases of diarrhœa and dysentery, meats, rich food and vegetables must be forbidden. Diet must consist of milk and rice, or milk and mush, crackers, tea, &c. Use water moderately, and avoid exercise and exposure to the sun and heat. Do not delay one hour in commencing the treatment prescribed.

Diarrhœa and dysentery are of frequent occurrence during the summer season, and both are often fatal among children, and the latter among adults. After the period of teething has passed, there is very little more danger to children than to adults from these diseases. Although these affections cause much suffering, sickness and mortality, such ought not to be, and would not be the case, if proper treatment were adopted at the beginning of an attack. With the exception of the very small proportion of cases developed abruptly, and in a violent form, almost every case would yield to the treatment already prescribed, in a day or two at most. There are no diseases in which the resources

of the science and art of medicine are more certainly and promptly displayed than in these. I have repeatedly known persons, either from a dislike to taking medicine or from simple negligence, postpone attention to these diseases in the beginning of an attack, and then suffer in bed from one to three weeks, when a few doses of medicine given on the first day would have arrested the disease and effected a speedy cure.

Cholera Morbus.

The prominent symptoms of this disease are violent vomiting and purging—stools soon becoming watery—severe pains in the stomach and abdomen, and cramps, if not speedily relieved. Treatment must be commenced without a moment's delay.

23.

Take of—

Laudanum.....25 drops.
Aromatic Spirits of Ammonia....15 drops.
Mix.

Take in a teaspoonful of water. Repeat every half-hour until relief is obtained. May take as many as four doses, if necessary. If ammonia is not convenient, use laudanum alone.

Apply a mustard plaster to the stomach and abdomen, and renew with fresh ones, if necessary,

until relieved. Water or any other liquid must be positively forbidden, except in the smallest quantities, to relieve urgent thirst. A very small quantity of crushed ice may be allowed—just enough to keep the mouth moist.

Follow these directions, and if the medicine is retained in the stomach, and it nearly always will be, speedy relief will be the almost certain result. A physician may be sent for, if thought best, at the beginning of the attack, or any time afterward; but do not wait for his arrival, begin at once, and continue treatment as directed until he comes.

Cramp.

Cramp is a frequent symptom in severe cases of both Colic and Cholera Morbus. It will be relieved by the general treatment prescribed. When affecting the feet, legs, hands or arms, a strong band an inch wide, tied tightly around the affected limb, as near the body as possible, will generally give immediate relief.

Measles.

Symptoms: at the beginning, very much like a cold, eyes red and watery, and a hoarse cough. On the fourth day the eruption appears, remaining three or four days, and then gradually fades away.

In mild cases, the simplest domestic treatment is

sufficient. Many do not require any medicine. The patient should be made comfortable, not so warm as to induce free perspiration, or so cold as to be chilly. Hot drinks should not be used; unless the eruption goes in suddenly. In summer, cold water may be allowed; in cold weather, perhaps warm teas would be better.

The following is a good prescription for the cough and fever:

24.

Take of—

Sweet Spirits of Nitre.....2 ounces.
Syrup of Ipecac.....1 ounce.
Mix.

Dose.—One teaspoonful every three or four hours, for adults; children, in proportion to age.

The disease usually runs a mild course. Sometimes it assumes severe forms, or is complicated with other diseases. In these cases, the family physician should be summoned.

Mumps.

A contagious affection, consisting of inflammation of the parotid gland. The swelling commences near the angle of the lower jaw, and extends to the neck and face. Occasionally, one gland only is affected, and then the swelling will be on one side of the face only; but as a rule, the disease affects both glands at the same time. Any motion of the jaws usually causes considerable pain.

This disease is devoid of danger, but in some cases there is considerable fever and much restlessness. The swelling will subside in a few days.

25.

Apply warm poultices to the swelling, and renew as often as necessary for comfort.

If there should be much fever—

26.

Take of—

Sweet Spirits of Nitre.....1 ounce.

Dose.—One teaspoonful in water every three or four hours.

Whooping Cough.

This disease usually commences like a common cold, but the peculiar, spasmodic cough and whoop soon distinguish it from all other diseases. Some cases are so mild that no medicine is necessary. I have used the following prescriptions, with much benefit, in cases attended with severe paroxysms of coughing. Use but one at a time.

27.

Take of—

Bromide of Potassium.... ...1 drachm.
Syrup of Ipecac.....2 teaspoonfuls.
Water .....3 ounces.

Mix.

Dose.—One teaspoonful every three hours for a child four years old.

28.

Take of—

Tincture Ass fœtida.....6 drachms.
Aromatic Spirits of Ammonia...2 drachms.
Simple Syrup..... .....3 ounces.

Mix.

Dose.—One teaspoonful every four hours for a child four years old.

Colic in Infants.

Infants frequently suffer with Colic, and it is very important that mothers should know how to relieve them. A piece of warm flannel or a small bag of hot salt should be applied over the stomach and abdomen. If the bowels are costive, open them with a teaspoonful of Castor Oil.

The following medicines will be suitable for internal use: Essence of Peppermint, Extract of Jamaica Ginger, Aromatic Spirits of Ammonia, and Spirits of Camphor. These medicines may be given in doses of one or two drops to a child one year old or less, in sweetened water. Camphor Water is an excellent composing medicine for children, in doses of one teaspoonful for a child one year old. All of these may be repeated every hour until relief is obtained. If they fail to give relief, then paregoric should be given, in doses of from one to eight drops for a child, from one month to one year old, in sweetened water. Bicarbonate of Soda should also be given when there is acidity of

the stomach. These medicines generally act better when combined, as in the following prescriptions. Use but one at a time. Paregoric should not be given oftener than every three hours.

29.

Take of—

Bicarbonate of Soda.....½ teaspoonful.
Aromatic Spirits of Ammonia..½ teaspoonful.
Essence of Peppermint. .....½ teaspoonful.
Water ....1 gill.
Mix.

Dose.—One teaspoonful, sweetened, every hour until relieved, for a child one year old or less.

30.

Take of—

Bicarbonate of Soda.....½ teaspoonful.
Essence of Peppermint.....½ teaspoonful.
Extract of Jamaica Ginger.....½ teaspoonful.
Water .....1 gill.
Mix.

Dose.—For a child one year old, one teaspoonful in sweetened water, every hour, until relieved.

31.

Take of—

Bicarbonate of Soda.....½ teaspoonful.
Essence of Peppermint.....½ teaspoonful.
Paregoric.....2 teaspoonfuls.
Water..... .....1 gill.
Mix.

Dose.—For a child one year old, one teaspoonful in sweetened water every three hours until relieved.

32.

Take of—

Paregoric..... 2 teaspoonfuls.
Subnitrate of Bismuth....15 grains.
Simple Syrup..... ..... 1 ounce.
Water..... 3 ounces.

Mix.

Dose.—For a child one year old, one teaspoonful every three hours.

Worms.

Symptoms: Picking at the nose, bad breath, swollen upper lip, grinding of teeth in sleep, swollen abdomen, etc.

33.

Take of—

Fluid Extract of Pink Root and Senna..1 ounce.

Dose.—One teaspoonful for a child three years old, morning and night, for two or three days, if necessary.

This is a most excellent vermifuge, and children do not mind taking it. If it cannot be conveniently procured, then use the following:

34.

Take of—

Wormseed Oil.....1 ounce.

Dose.—Two drops for every year of the child's age, morning and night, in a teaspoonful of sweetened water.

One of the most reliable of all vermifuges.

Thrush.

This is an affection of childhood, and will be speedily relieved by the following treatment:

35.

Take of—

Borax.....1 teaspoonful.
Water.....1 gill.
Mix.

Apply to the affected part with a small mop.

Or, mix the borax, reduced to a powder, with an equal quantity of white sugar, and apply to the sore places with a soft rag wrapped around the end of the finger.

For other forms of sore mouth—

36.

Take of—

Powdered Gum Arabic.....1 ounce.
Prepared Chalk..... .1 ounce.
Mix.

Apply to sores two or three times a day.

Chicken Pox.

This is an eruptive and contagious disease, affecting children chiefly, but adults may have it. The eruption appears first in the form of pimples, scattered about the face, neck and back; these are

succeeded in a day or two by vesicles or blisters, and the latter, in three or four days, form scabs, which dry up and fall off. Usually, no treatment is required. The bowels may be opened, if necessary, with the following:

37.

Take of—

Epsom Salts.....1 teaspoonful.

Give in one dose to a child four years old, in a little water.

Convulsions or Spasms.

These are very frequent in childhood, and usually cause much alarm. Worms, Teething and Fevers are among the causes. The cause must, if possible, be ascertained, in order to treat the case intelligently.

38.

If due to worms, give prescription 34. If from teething, the gums should be lanced. If caused by fever, apply cold cloths to the head, and mustard to the back and stomach. A warm bath is often advised by physicians, and if the child is not much frightened by being placed in the water, it is one of the very best remedies that can be used.

Asthma.

This is an affection of the chest, occurring in paroxysms, with great difficulty of breathing, and loud wheezing sounds.

At the commencement of an attack of Asthma—

39.

Take of—

Tincture of Lobelia.... ..½ ounce.
Syrup of Ipecac. .....½ ounce.

Mix.

Dose.—One-half a teaspoonful every hour, until sickness at the stomach or relief occurs.

This prescription will give speedy relief in many cases, but as this disease is sometimes very difficult to relieve, it is best to have several prescriptions for it.

If prescription 39 fails, use the following:

40.

Take of—

Iodide of Potassium.....40 grains.
Carbonate of Ammonia.....80 grains.
Simple Syrup..... 2 ounces.
Water..... .... 2 ounces.

Mix.

Dose.—Two teaspoonfuls every three hours.

One or the other of these prescriptions will give marked relief in the great majority of cases.

While taking them, the following should also be used.

41.

Take of—

Dried Stramonium Leaves....a sufficient quantity.

Put into a pipe and smoke.

This prescription gives speedy relief in many cases.

If it should fail, use the following:

42.

Take of—

Saltpetre..... .....½ pound.

Make a strong solution by using as little water as will dissolve it. Then dip several pieces of blotting paper, the size of one's hand, in the solution, and put them away to dry. As soon as an attack comes on, burn three or four pieces of the dried paper in saucers placed in different parts of the room. The inhalation of the fumes will usually give marked, and in many casee, complete relief.

Catarrh.

Catarrh is a term of wide significance, and may affect several organs of the body. Custom, however, has limited its meaning in the popular mind to an affection of the nasal passages. It is a very common ailment, and sometimes very hard to relieve. I have known more benefit to be derived from Cutler's Pocket Inhaler than any other remedy.

The following is an excellent prescription for it:

43.

Take of—

Morphia.....1 grain.
Subnitrate of Bismuth .....6 drachms.
Powdered Gum Arabic.....2 drachms.
Mix.

Snuff up the nose three times a day until relieved.

I know, from experience, that this is a most excellent remedy, and believe it will effect a cure in nearly all recent cases. It would be better for a druggist to put up this prescription.

Rheumatism.

No prescription is given for acute, usually called inflammatory rheumatism, because a physician should always be in attendance. As chronic rheumatism is sometimes exceedingly difficult to relieve, it is best to have several prescriptions for it. The following I have found to be the best in actual practice, and one or another of them will nearly always effect a cure:

44.

Take of—

Iodide of Potassium.....½ ounce.
Water.....½ pint.
Mix.

Dose.—Two teaspoonfuls, morning and night, until the whole is taken, if complete relief is not sooner obtained.

Also, use the following as a liniment:

45.

Take of—

Spirits of Hartshorn..... 2 ounces.
Sweet Oil .....2 ounces.

Mix by shaking thoroughly.

Bathe well two or three times a day.

In obstinate cases, use the following:

46.

Take of—

Wine of Colchicum Root. .....1 ounce.

Dose.—Ten drops three times a day, in a little water.

The following has sometimes succeeded when everything else has failed:

47.

Take of—

Tincture of Guiacum.....4 ounces.

Dose.—One teaspoonful three times a day, in a little sweetened water.

The following should be used as a liniment, with either of the last two prescriptions:

48.

Take of—

Chloroform.....2 ounces.
Sweet Oil..... .....4 ounces.

Mix well.

Bathe the affected parts two or three times a day.

Lumbago.

This is a form of Rheumatism, affecting the muscles of the back near the region of the kidneys.

It is attended with much pain in the movements of the body, particularly in rising from a sitting or recumbent position.

Local treatment is generally all that is necessary. A large mustard plaster should be applied at bed-time, and repeated the second and third nights, if necessary. During the day, the back should be well rubbed with liniments—prescriptions 45 or 48.

In a few days the patient will be much better. If the back should remain weak, the following must be used:

49.

Take—

One Porous Strengthening Plaster.

Apply to part affected.

This will have a gentle warming and strengthening effect. Let it remain until it loosens and falls off.

For a Chronic Rheumatic or Neuralgic pain located in any part of the body, use the following:

50.

Take—

One Belladona Plaster.

Apply over seat of pain, and let it remain until it loosens and falls off. A most excellent remedy and almost certain to effect a cure.

Constipation.

This affection is attended with much discomfort, and is productive of several serious diseases. It should, therefore, never be neglected. It is highly important that a person troubled with Constipation should go to the water closet at the same hour every day. Let him do this regularly and nature will soon come to his relief. If he has no evacuation from the bowels, he should give himself an injection of water, (not necessary to be warm,) using a pint or more. It frequently happens when persons have been costive for several days, the contents of the bowels become impacted in large, hard lumps, causing much discomfort, and severe pains in the abdomen. The calls of nature become urgent, attempts to relieve the bowels are attended with much straining, and sometimes the suffering is intense, in consequence of the inability to have an evacuation. Very much the same condition of things happens when children have eaten large quantities of indigestible food, or swallowed the stones of cherries and other fruits. Every one should be instructed that in this state of things, immediate and complete relief can be obtained by injections of warm water, using a pint at once, and repeating once or twice, if necessary.

The following prescriptions will usually have the effect of producing a discharge from the bowels once daily:

51.

Take of—

Root of Rhubarb .....5 or 10 cts. worth.

Carry in the pocket, and chew small pieces several times daily.

52.

Take of—

Powdered Rhubarb..... .....30 grains.
Powdered Compound Extract of Colocynth..20 grains.

Make 20 pills.

Dose.—One pill every night at bedtime, omitting any night when bowels are loose.

These prescriptions will have the desired effect in almost every case, but some cases are very obstinate, and you should then get your druggist to put up the following:

53.

Take of—

Powdered Rhubarb.....30 grains.
Aloes . .. .30 grains.
Extract of Belladona..... 3 grains.
Oil of Cloves..... 3 drops.

Make 30 pills.

Dose.—One pill every night at bedtime.

Dyspepsia.

Thorough mastication of the food is of the highest importance in this disease. The dyspeptic should

eat slowly, and rest an hour after each meal. He should not think about his stomach, or his diet, any further than to avoid any article of food that disagrees with him, and to eat whatever does agree with him, no matter what it is. He should make the last meal of the day the chief one. The popular notion that it is injurious to eat immediately before sleeping or retiring, is erroneous. In active exercise, a part of the blood the stomach needs to assist in the process of digestion is diverted to the surface and extremities of the body. But when the body is at rest, as in sleep, the stomach receives its due supply of blood, and the food taken is normally digested.

To give tone and vigor to the stomach, and thus facilitate digestion—

54.

Take of—

Compound Tincture of Gentian....4 ounces.

Dose.—One teaspoonful three times a day.

If the bowels are costive—

55.

Take of—

Compound Tincture of Gentian....2 ounces.
Tincture of Rhubarb.....2 ounces.

Mix.

Dose.—Two teaspoonfuls three times a day.

To relieve the pain or aching sensation occurring during digestion—

56.

Take of—

Subnitrate of Bismuth.....1 drachm.

Make 12 powders.

Dose.—One powder in water every three or four hours.

As water brash and heart-burn are frequent symptoms in dyspepsia, they sometimes require treatment.

To relieve water brash—

57.

Take of—

Lime-water.....1 pint.

Dose.—One tablespoonful three or four times a day.

To relieve heart burn—

58.

Take of—

Bicarbonate of Soda.....1 ounce.

Dose.—One-fourth of a teaspoonful, as required, in a little water.

Neuralgia.

This painful affection is caused, I think, in the majority of cases, either by decayed teeth or malaria. When due to decayed teeth, they should be extracted. When caused by malaria, quinine and iron should

be given. The following will make an excellent prescription:

59.

Take of—

Quinine.....30 grains.
Proto Carbonate of Iron (Vallett's Mass.).60 grains.

Make 30 pills.

Dose.—Two pills three times a day.

Get your druggist to compound this prescription.

Vertigo.

Symptoms: Giddiness, a feeling as if everything was turning around, reeling in walking, and sometimes inability to stand. An attack may last but a few minutes, or may continue for hours or days.

If the stomach is disordered, the liver torpid, or the bowels costive—

60.

Take of—

Compound Cathartic Pills.....4.

Take the whole at bedtime.

Vertigo is often due to debility. When this is the case, ten or fifteen drops of muriated tincture of iron should be given in a wineglassful of water three times a day.

Palpitation.

Many persons have occasional attacks of palpitation, and others sometimes have nervous attacks with weak, sinking sensations.

For these ailments—

61.

Take of—

Elixir Valerianate of Ammonia .. 2 ounces.

Dose.—One teaspoonful every two or three hours until relieved.

One of the most pleasant and efficient remedies for nervous attacks.

When this medicine cannot be conveniently procured, use the following:

62.

Take of—

Aromatic Spirits of Ammonia.....1 ounce.

Dose.—Fifteen drops in a teaspoonful or two of sweetened water, and repeated every hour until relieved.

Headache.

This is a frequent symptom of several serious diseases, but it often occurs without being connected, apparently, with any special ailment. If from cold, fatigue, loss of rest and sleep, go to bed, get a good nap, and you will awake feeling much better.

If from indigestion, or a disordered stomach—

63.

Take of—

Compound Cathartic Pills.....4.

Take them all in one dose.

If from an excess of acid in the stomach, as indicated by acid eructations, heart-burn, &c.—

64.

Take of—

Bicarbonate of Potassa.....3 drachms.
Water.....2 ounces.

Dose.—One teaspoonful every three or four hours.

If of a nervous or neuralgic character—

65.

Take of—

Bromide of Potassium.....½ ounce.
Water.....4 ounces.

Mix.

Dose.—A dessert spoonful every four hours.

Sick Headache.

This affection is due to a peculiar condition of the nervous system, and debility of the stomach; and any irritation of this organ affects the brain

through sympathy. There is no specific treatment for it, and no one remedy that will do good in all cases. The best general treatment is as follows:

66.

Take of—

Blue Mass .....10 grains.

Take at one dose as soon as there are any symptoms indicating an approaching attack, and in six hours, if bowels are costive, take a seidlitz powder.

If there is acidity of the stomach, take prescription 64.

I have found the following prescription to have an excellent effect in many cases:

67.

Take of—

Hoffman's Anodyne.....1 ounce.
Paregoric.. ....1 ounce.
Mix.

Take a teaspoonful every two or three hours in sweetened water.

Aromatic Spirits of Ammonia frequently has an excellent effect, taken in doses of ten to fifteen drops, in water, every two hours. The patient should also frequently inhale the ammonia, and

bathe the temples and forehead with it. Inhalation of ammonia usually gives decided relief in all forms of headache.

Gravel.

Gravel consists of small concretions formed in the kidneys or bladder, frequently causing much difficulty and pain in urinating.

I have found the following prescriptions very useful when the difficulty in passing water is due either to gravel or some other trouble in the bladder:

68.

Take of—

Fluid Extract of Buchu.....1 ounce.
Sweet Spirits of Nitre.. . .....1 ounce.
Simple Syrup.....1 ounce.
Water..... .....1 ounce.

Mix.

Dose.—Two teaspoonfuls every three or four hours until relieved.

The following has seldom failed in my hands:

69.

Take of—

Balsam of Copaiba .... 4 teaspoonfuls.
Tincture of Chloride of Iron.. 2 teaspoonfuls.
Sweet Spirits of Nitre.....1½ ounces.
Simple Syrup. ..... 1 ounce.

Mix by shaking well.

Dose.—One teaspoonful three times a day, shaking well each time before taking it.

Piles.

Piles are a source of much discomfort, and sometimes cause great suffering. It is highly important, in this affection, to have an evacuation of the bowels every day. For this purpose—

70.

Take of—

Cream of Tartar..... ..1 ounce.
Sulphur.....1 ounce.

Mix.

Dose.—One teaspoonful at bedtime in molasses. Continue every night until bowels are free, and use afterward as needed.

71.

Take of—

Powdered Opium..... .....10 grains.
Tannin..... 1 drachm.
Lard ..... 1 tablespoonful.

Mix.

Apply as an ointment twice daily.

These prescriptions for piles will usually accomplish the desired result, but sometimes they are very difficult to cure. In such cases the following treatment will usually give marked, and if continued long enough, permanent relief. Use a daily injection of water, sufficient to bring away the contents of the lower bowels. Then use a small injec-

tion—say a tablespoonful of a solution of alum—and retain this in the bowels, if possible; also, use ointment, prescription 71, if necessary for comfort.

Ingrowing Toe-nail.

If the toe is feverish and swollen, absolute rest is necessary for several days. Apply warm poultices until the fever has disappeared. Then use the following:

72.

Take of—

Liquid Persulphate of Iron.....1 ounce.

Saturate a piece of cotton with it, and very carefully insert between the flesh and nail. Continue this treatment for several days, inserting fresh cotton as often as may be necessary. If directions are followed, a cure may be expected.

Boils.

Apply warm mush or flaxseed meal poultices until brought to a head. When Boils return or appear on several parts of the body at the same time, use the following:

73.

Take of—

Iodide of Potassium.....3 drachms.
Water.....½ pint.
Mix.

Dose.—One dessert spoonful three times a day.

This prescription will seldom fail in effecting a cure. I think I have succeeded with it nineteen times in twenty. But if it should fail, use the following:

74.

Take of—

Iodide of Potassium ....80 grains.
Fluid Extract of Sarsaparilla... .. . 1 ounce.
Simple Syrup .....1½ ounce.
Water..... ....1½ ounce.
Mix.

Dose.—Two teaspoonfuls three times a day.

Carbuncles.

Treatment same as for Boils. It may be necessary for a doctor to be called in.

Earache.

Earache, when requiring treatment, will be relieved by the following:

75.

Take of—

Warm Sweet Oil.....10 drops.
Laudanum.... ..... 5 drops
Mix.

Pour from a spoon into the ear. A piece of wool should be kept in the ear to protect from cold.

When insects get in the ear, it should be very gently syringed, or tepid water should be poured into it. This will bring away the insect, or cause it to leave the ear.

Wax in a hardened form sometimes accumulates in the ear, causing more or less deafness. Its removal should never be attempted with hairpins or any other instrument by unprofessional persons. The head should be inclined to one side, so that warm oil can be poured in the ear without running out. Keep the head in this position several minutes. Repeat daily, until the wax softens and comes out.

The Eye.

When any foreign substance gets in the Eye, the tears will generally flow freely and bring it away. When they do not, the lids should be raised or lowered, and an examination of the eye should be thoroughly made, and the offending substance, when found, may be removed by means of a point made in a silk handkerchief. Sometimes the substance can be distinctly felt in the eye, but on examination cannot be discovered. In such cases, if the person making the examination will blow his breath forcibly in the eye, immediate relief will generally be the result.

When mortar or lime gets in the eye, use the following:

76.

Take of—

Vinegar.....1 part.
Water..... ....8 parts.
Mix.

Apply freely.

The following makes an excellent eye water:

77.

Take of—

Sulphate of Zinc ....4 grains.
Rain Water..... ....2 ounces.
Mix.

Drop three or four drops in the eye twice daily.

Toothache.

Consult a dentist as to the propriety of having the tooth filled. If, in his opinion, the tooth can be saved by filling it, by all means have it done. But if it is not worth filling, much relief may be obtained by the use of the following:

78.

Take of—

Tincture of Myrrh..... ½ ounce.

Pour a few drops into the hollow of the tooth, or insert cotton saturated with it in the tooth.

The following is the best application that can be used when the tooth is hollow and the nerve exposed:

79.

Take of—

Creasote.....½ ounce.

Take a good-sized broom straw, and with the teeth make a kind of brush of one end. Dip the brush end in the creasote, and insert carefully in the hollow of the tooth. If the creasote should accidentally burn or blister the mouth, rinse it immediately with cold water. One application will usually give immediate relief. Repeat once or twice, if necessary.

The above are the remedies I have found most effectual in toothache. Creasote is the remedy most highly recommended by the best authorities, and the one that has proven most efficient in my hands. I have frequently experienced immediate relief from its use. I will add that I have lately learned that table salt will give immediate relief, and that I have prescribed it in several cases, and in every case thus far with the most happy results. It is only necessary to apply a little salt between the finger and thumb to the hollow of the tooth, and the result will be immediate relief.

Itch.

Itch is very annoying. The following treatment will be successful: Wash the affected parts well with warm water and soap. Then use the following:

80.

Take of—

Sulphur.....1 ounce.
Lard.....2 ounces.

Make an ointment.

Apply thoroughly once daily.
A certain cure.

Chapped Hands, Face or Lips.

For the face and lips, use the following:

81.

Take of—

Glycerine .....1 part.
Rose Water .....5 or 6 parts.

Mix.

Apply freely at bedtime.

For the hands—

82.

Take of—

Carbolic Acid ....10 drops.
Glycerine..... 1 ounce.

Mix.

Clean the hands well, and apply thoroughly at bedtime.

Salt Rheum, Tetter, Eruptions of the Skin, &c.

For Salt Rheum, Tetter and all the various forms of eruptions of the Skin, the following will be found an excellent prescription:

83.

Take of—

Iodide of Potassium.....3 drachms.
Water.....1 gill.
Mix.

Dose.—One teaspoonful three times a day.

In any condition of the system, indicating a depraved state of the blood, as manifested by Boils, Carbuncles, Eruptions and the various skin diseases, and sores or ulcers indisposed to heal, iodide of potassium and sarsaparilla are the best remedies for families to use. These medicines have a better effect combined, and prescription 74 should be used. The most satisfactory results may be expected in almost every case.

Vasaline or cosmoline may be applied to eruptions and sores, with decided benefit.

Ringworms.

The following treatment will accomplish the desired result:

84.

Take of—

Tincture of Iodine ....1 ounce.

Apply with a feather over the affected part, once or twice daily. A speedy cure may be expected.

Dandruff.

85.

Take of—

Sulphuret of Potassium.....½ ounce.
Water.....1 quart.
Mix.

Wash the scalp with soap and water, wipe dry, and apply this prescription once daily.

Sore Nipples.

86.

Take of—

Tincture of Catechu. ....1 ounce.

Apply every time after child "nurses."

An excellent prescription for this painful affection.

Corns.

Corns are very troublesome, and sometimes difficult to cure, but the following treatment, if persevered in, will effect a cure :

87.

Pare the corn closely with a razor, but not so close as to cause bleeding. Then soak in warm water ten or fifteen minutes, and pick out centre or core. A small, soft piece of buckskin, with a hole (the size of the corn) in the centre, should now be applied, and retained in place by means of narrow strips of adhesive plaster, taking care that no part of the buckskin presses on the corn. Or, several pieces of adhesive plaster may be cut into the shape of a ring, and one piece should be applied over another until there are three or four thicknesses of it, using care to avoid pressure on the corn. Then—

88.

Take of—

Lunar Caustic.....1 stick.

Moisten one end of the stick, and press on the corn. The caustic will produce a dark or black layer, and when this falls off, if the corn is not removed, the caustic should again be applied, and this process must be continued until a cure is effected.

If, when this dark layer falls off, the corn should be so hard that the caustic will have no effect—in other words, produces no pain in its application—then the corn should be gently touched or scraped with the sharp point of the blade of a pocket knife, until it becomes tender or sore, and the caustic should then be applied. Persons suffering with corns should wear shoes made of soft leather, and a little large.

Bunions.

If swollen, tender and feverish, apply a poultice until all the fever and tenderness leave. Then use the following:

89.

Take of—

Tincture of Iodine.....1 ounce.

Apply once every day by means of a feather.

Persons who have bunions should have their shoes made to order, and so made as to avoid pressure on the affected part.

Sores on Children's Heads.

Children frequently have sores on their heads, presenting a very unsightly appearance. They should be treated as follows: Wash the head gently, but effectually, and then—

90.

Take of—

Calomel ..... ½ teaspoonful.
Lard..... ..... 2 tablespoonfuls.
Mix.

Apply carefully and thoroughly to sores once daily. This is a most excellent remedy, and one that can be counted on to make a speedy cure.

Cuts and Abrasions of the Skin.

91.

Clean the wound thoroughly, and when the blood has ceased flowing, bring the edges of the cut nicely together and retain by means of adhesive plaster. If the plaster is properly applied, it will not become loose for several days, and by that time the wound will probably have healed. In cases of abrasions of the skin, adhesive plaster should be applied large enough to cover the abrasion, and thus exclude the air. If it becomes loose before the wound has healed, apply another plaster.

If the wound does not heal in a few days, and matter begins to form, then use the following as an ointment:

92.

Take of—

Beeswax..... 1 part.
Lard. ..... 3 parts.
Melt together.

Apply, when cool, once or twice daily, by means of a soft rag.

For old sores and wounds, the following prescription should be used:

93.

Take of—

Beeswax.....1 part.
English Rosin.....2 parts.
Lard.....4 parts.
Melt together.

Apply once or twice daily.

This is one of the best salves or ointments that can be used for old wounds or old sores, and burns indisposed to heal.

Spitting of Blood.

Hold small pieces of ice in the mouth, swallowing slowly as they dissolve. If ice cannot be procured, take a teaspoonful of salt, and keep in the mouth until it dissolves, and swallow slowly. Persons subject to Spitting of Blood should keep in the house some form of Ergot. The following is a good form for easy administration:

94.

Take of—

Fluid Extract of Ergot.....1 ounce.

Dose.—One teaspoonful in a little water two or three times a day, or every hour, if necessary, until relieved.

Bleeding at the Nose.

This is a frequent symptom in young people, and when not excessive, it need not be checked, especially in persons of full habit. When excessive, means should always be taken to arrest it. For this purpose, apply cloths, wrung out of cold water, to the back of the neck, or over the spine between the shoulder blades, and plug nostrils with cotton, dipped in a strong solution of alum or sugar of lead solution.

If not speedily relieved, take prescription 94.

Vomiting.

Vomiting is sometimes a distressing symptom, and requires to be checked. For this purpose take fifteen drops of aromatic spirits of ammonia, in a little water, every half-hour. As soon as ammonia is administered, apply a mustard plaster over the stomach. It must be allowed to remain until redness of the skin is produced. If it becomes dry and hard, a fresh one must be applied. If the vomiting continues, take half a teaspoonful of paregoric, in a little water, every hour. Four or five doses will not be too much unless the vomiting ceases before that many are taken.

The following prescription will sometimes give immediate relief:

95.

Take of—

Lime-water.....1 dessert spoonful.
Milk.....1 dessert spoonful.

Mix.

Dose.—Take the whole at once, and repeat every half-hour.

A small quantity of crushed ice, slowly dissolved in the mouth, and swallowed, will do good, but water will be injurious.

Fainting.

96.

Lay the person down at once, with head on a level with the body, to favor the flow of blood to the brain. Loosen the clothing about the neck and chest, and sprinkle cold water over the face and apply smelling salts or hartshorn at intervals under the nostrils. Give the person plenty of air; if in a house, open doors and windows. Do not let by-standers crowd around. Keep cool and self-possessed. Follow these directions, and the patient will soon be all right.

Sunstroke.

97.

Lay the person down, with head slightly elevated. Sprinkle cold water freely over the face. Apply

cloths wet with cold water on the head. Loosen the clothing and let the patient have pure air. Send for a physician immediately, and if patient has been moved to a cool, shady place, keep him perfectly quiet, and do not remove him until after the arrival of the doctor, unless he is very much improved.

Fits.

An attack frequently comes on suddenly, without warning; in other cases, certain premonitory symptoms warn the patient of its approach. The person at first struggles violently, and froths freely at the mouth.

Loosen the clothing and give patient plenty of air. Wrap a small handkerchief around a spoon-handle or anything convenient, and place between the patient's teeth to prevent the tongue from being bitten. Use only sufficient force, in restraining the person's movements, to keep him from injuring himself.

The following prescription will generally effect a cure:

98.

Take of—

Iodide of Potassium.....	½ ounce.
Bromide of Ammonium.....	1 ounce.
Bromide of Potassium.....	2 ounces.
Water.....	12 ounces.

Mix.

Dose.—One teaspoonful three times a day in a little water, sweetened or not, according to taste.

Frostbite.

99.

A person who has been frostbitten should not go near the fire for several hours. Cold water or snow, if it can be procured, should be applied to the part affected until the circulation of the blood is gently and gradually restored.

Chilblains.

In this affection the skin of the affected part becomes of a purplish color during cold weather, with an itching, tingling sensation.

100.

Apply steamed cabbage leaves or bathe with solutions made of oak bark, or alum or copperas.

If the skin should be broken and vesication or ulceration result—

101.

Take of—

Vasaline.....1 small box.

Apply once or twice daily.

If vasaline does not relieve the case, apply cosmoline.

ACCIDENTS.

Burns.

In the treatment of burns, it is very important that the part burned be as little exposed to the air as possible.

102.

Take of—

Linseed Oil..... ... .1 gill.
Lime-water... ....½ pint.

Mix.

Spread on one side of a soft rag and apply. This is one of the best applications for burns that can be used.

If lime-water is not convenient, may use linseed oil alone, and if this cannot be procured at once, use sweet oil or lard. The white of eggs is also a very good and soothing application for burns. Pour freely over the burn, and protect with a soft rag.

Later, when there is no fever or inflammation, and the burn begins to heal, use vasaline or cosmoline.

If the burn is extensive, or deep and near a joint, it would be better to call in a physician, as some

deformity may result from contraction of the muscles.

Inflammatory Swellings.

103.

Take of—

Sugar of Lead.....2 drachms.
Water.....1 pint.
Mix.

This lotion is much more cooling and lasting in its effects than water alone, and should be applied in the same way by means of a small, soft handkerchief or an old piece of soft linen thoroughly wet with it, and renewed as fast as it dries. One-fourth part laudanum may be added when there is much pain.

One of the best applications for all inflammatory swellings.

For Stings of Bees, Wasps, &c.

104.

Take of—

Spirits of Hartshorn, and
Water.....equal parts.
Mix.

Bathe well every hour.

If hartshorn is not convenient, laudanum and water in equal parts may be used.

Bruises.

Bruises are usually attended with more or less swelling of the injured part, speedily followed by discoloration of the skin.

Apply wet cloths for several hours, and then use the following:

105.

Take of—

Tincture of Arnica, and
Water.....equal parts.
Mix.

Apply by means of a small handkerchief, or a piece of old linen thoroughly saturated with it.

Sprains.

Apply cloths wet with cold water for several hours or a day or two, until all fever has disappeared from the injured part, and then use the following:

106.

Take of—

Spirits of Turpentine.....1 ounce.
Spirits of Camphor.....1 ounce.
Spirits of Hartshorn.....1 ounce.
Sweet Oil.....1 ounce.

Mix by shaking well, and bathe well two or three times a day.

Drowning.

As soon as the person has been taken out of the water remove clothing, unless the weather is very cold, and wrap a blanket around the body. First turn the person's face downwards, with forehead resting on the arm, and draw the tongue forward to favor escape of water. A large pillow, bolster or something similar should be placed under the stomach to further favor escape of water. Do this for two or three minutes, and then lay the person on his back and try to restore natural breathing in the following manner: Take hold of the wrists, and bring the arms back above the head until the hands meet, then carry the arms back and press gently against the sides of the chest. This process will constitute one movement, and there must be eighteen or twenty such movements every minute. The objeet is to expand and contract the chest, and thus to imitate its motion when breathing. In the meantime, the limbs must be rubbed vigorously from the hands and feet upwards towards the body. Mustard must be applied to the stomach and the back, and bottles of hot water or warm bricks to the feet. This treatment must be continued for at least a half-hour, unless the person sooner revives, and it may be continued longer if there should be the slightest indications of returning consciousness.

Fractures and Dislocations.

When a bone is broken a grating sound can sometimes be heard, caused by the ends of the bone rubbing against each other; the limb is usually bent, and the slightest movement causes great pain. In dislocations there is more or less deformity of the limb, and the joint is stiff and immovable.

A physician should be sent for immediately. While waiting for the doctor, the injured limb must be straightened as much as possible, and laid upon a pillow, or placed in such position as will give the most ease and comfort to the patient. If the weather be warm, cloths wet with cold water must be placed over the seat of injury, and they must be frequently renewed. If the weather be cold, cloths wet with tepid water should be used. The object of this treatment is to keep down fever, inflammation and consequent swelling of the injured part. If the limb is not much swollen when the doctor arrives, he can ascertain the exact nature and extent of the injury much more readily than when there is much swelling, and he can also adopt the proper treatment with much less pain to the patient.

Wounds.

Nothing is more alarming than profuse hemorrhage from a wound. If the blood is of a bright,

red color, and flows in spurts, it comes from an artery, and this is much more dangerous than when it is of a dark color, and flows in a steady stream from a vein. If the wound is near a bone, as about the head, hands or feet, firm pressure of the wounded vessel against the bone will stop the bleeding, or control it until the arrival of a doctor.

In case of a wound of the arm or leg, make a tight knot in a handkerchief, apply the knot immediately above the wound, pass the ends of the handkerchief around the limb and tie them. Now insert a smooth, strong stick between the tied ends and the limb, and twist until the knot in the middle of the handkerchief makes firm pressure against the bleeding vessel and arrests the flow of blood. If the bleeding is from a vein, a piece of cotton saturated with liquid persulphate of iron, or cobwebs applied freely, will cause the blood to clot and thus stop the flow. In all cases of profuse hemorrhage, send for a physician immediately.

POISONS.

If it be known that a person has taken poison, a physician must be sent for at once—but no time must be lost in waiting for his arrival. The patient must be made to vomit freely, as speedily as possible, no matter what may be the nature of the poison swallowed.

For this purpose—

107.

Take of—

Mustard..... .....1 teaspoonful.
Tepid Water.....1 teacupful.

Mix by stiring well.

Give the whole at one dose, and repeat every ten minutes until free vomiting is induced.

If no mustard is at hand—

108.

Take of—

Table Salt..... ....2 teaspoonfuls.
Tepid Water.....1 teacupful.

Mix.

Give the whole at one dose, and repeat every ten minutes until free vomiting is induced.

If the nature of the Poison is unknown, Calcined Magnesia, Pulverized Charcoal and Hydrated Peroxide of Iron must be given. One or another of these is an antidote for nearly every Mineral Poison. A teaspoonful of each mixed together in water must be given every ten minutes until relief is obtained.

Opium—Laudanum—Morphia.

More persons are probably poisoned by Opium or some of its preparations, as Laudanum, Morphia, &c., than from any other cause. A deep stupor overcomes the victim, from which it is sometimes almost impossible to arouse him. When this is the case cold water must be poured upon the head, and the feet, ankles and as much of the legs as possible must be immersed in water as hot as can be borne. When some degree of consciousness has been restored, he must be placed on his feet, and an assistant on each side must make him walk, and he must be kept walking until all danger is past. In the meantime, strong coffee should be drank freely.

Arsenic.

For this, give Magnesia and water freely, or as many of the whites of eggs as can be swallowed,

suspended in milk, until the chemical antidote, Hydrated Peroxide of Iron, can be procured.

This must be given in tablespoonful doses, every ten minutes, until relief is obtained.

Acids, Oil of Vitriol, Aqua Fortis, &c.

Give cooking soda, or chalk, freely, in water.

Carbolic Acid.

Give Sweet Oil, or Lard, very freely.

Potash, Concentrated Lye, &c.

The best antidote is Vinegar, given in large quantities, diluted with water, if very strong. Sweet Oil or Lard must also be freely administered.

Nitrate of Silver.

The antidote is Table Salt, largely given.

Mercury.

Our chief dependence in poisoning from any form of Mercury is in the white of eggs, and as many must be given as the patient can swallow.

OUTLINE OF TREATMENT.

An Outline of Treatment to be Adopted in Cases in which the Disease is not well known, and while waiting for the Arrival of the Doctor.

In the preceding pages I have given, when necessary, in plain, simple language, the prominent symptoms of the diseases and ailments prescribed for. With the aid of the brief descriptions given, heads of families will be able to conduct the treatment prescribed without any difficulty. In all cases of serious illness, and in all cases in which the disease is not well known, the family physician should be called in without delay. But it often happens when the doctor is sent for he is many miles distant from his office, professionally engaged, and may not reach the patient for several hours, and it is very important to know how to render the condition of the patient as comfortable as possible until his arrival. In such cases the following general treatment will be appropriate:

To Relieve Pain.

In mild cases, Extract of Jamaica Ginger is an excellent remedy, and should be given in doses of twenty or thirty drops every hour in a tablespoonful of water. A bag of hot salt, renewed as fast as it cools, or a mustard plaster, should be applied as soon as possible over the seat of the pain. This treatment will be appropriate for all mild cases, no matter what may be the disease or the location of the pain.

But it often happens, in severe cases, that this treatment will only give partial relief. In such cases opium in some form is the great remedy, and laudanum is best adapted for use of families. Laudanum is perfectly safe for adults, or for children over five years of age, for pains occurring in any part of the body except the head. Should the pains occur in any part of the stomach or bowels, or in the region of the loins, bladder, kidneys or heart, twenty-five drops of laudanum must be given at once, and in one hour the dose must be repeated if the patient is not relieved. Should the pains be violent, or should they return after being quieted, the third or even the fourth dose may be given. In all such cases apply hot salt or mustard over the seat of pain immediately.

If the pain should be located in the breast or chest, it would be better to give but one dose of laudanum, unless you are certain the heart is the organ affected, but the hot salt and mustard should be continued until the arrival of the doctor.

If the bowels are costive, in addition to the above treatment injections should be given as directed in the treatment for colic.

When there are severe pains in the head, the patient should use a hot mustard foot-bath. The water should be as hot as the hand will bear; the feet, ankles and lower half of the legs should be kept in it for ten minutes. Hot water may be added to the bath to keep up the heat. A mustard plaster should next be applied to the back of the neck, and if there is much heat of the head, use cold, wet cloths.

A pain in the side, a few inches from the nipple, with fever and cough, threatens pleurisy or pneumonia. Hot salt or a mustard plaster should be applied externally, and the patient may take a ten grain dose of Dover's Powders, if convenient; one dose only should be taken. The patient may drink freely of flaxseed tea.

A person stricken with apoplexy will be partially or completely unconscious, and the breathing will be slow, and perhaps labored. If there is more

than the natural heat of the head, cold, wet cloths may be used, and mustard plasters may be applied to the back of the neck, spine, wrists and ankles.

Fevers.

All cases of Fever should be treated as follows, until the arrival of the family physician:

If due to a cold, one-third of a teaspoonful of Syrup of Ipecac, and half a teaspoonful of Sweet Spirits of Nitre should be given together in water, every two hours.

If the Fever does not appear to be due to a cold, and is attended with a hot, dry skin, then give one teaspoonful of Sweet Spirits of Nitre in water, every two hours. If there is more than the natural heat of the head, apply cold, wet cloths to the forehead. Renew frequently, and continue as long as agreeable to the feelings of the patient. If the Fever does not appear to be due to a cold, and is attended with a hot, dry skin, let the patient drink cold water freely. Cold water is nature's great remedy for a Fever.

Opium—Use and Abuse.

One of the great objects of medical treatment is the relief of pain, and when severe, Opium or some

of its preparations, as Laudanum or Morphia, are by far the most valuable and reliable remedies that can be used. They can be employed with entire safety, in all cases in which their use is advised in this work—in fact, no other medicines can at all be depended on to have the same good effect. I have, however, been careful never to advise their use in any chronic affection. No one should ever take these medicines more than three or four days at a time, and then only in acute affections, unless prescribed by a physician. Persons able to be up, and to attend to their usual vocations, but who daily suffer with chronic pains, as in Rheumatism, Neuralgia, Dyspepsia, &c., should never take Opium in any form. It is safe and invaluable in acute diseases, because as these diseases last but a few days, or a week or two at most, there is no occasion to increase the dose to obtain the desired effect, and no inclination on the part of the patient to use the medicine after the pain ceases. But in chronic affections, lasting indefinitely, those who resort to these medicines to obtain relief, find it necessary to increase the dose, until sometimes enormous doses are taken; and a person thus habituated to their use, in such quantities, finds it exceedingly difficult to discontinue them.

DIETETIC PREPARATIONS.

Dietetic Preparations for the Sick.

It is exceedingly important to know how to prepare articles of diet for the sick. The following formulas are given for the benefit of those who may not have this knowledge: The physician generally orders them, leaving their preparation to the nurse or some member of the family. They should be given according to the directions of the physician.

Barley Water.

Take of—

Pearl Barley.....2 tablespoonfuls.
Boiling Water.....1 quart.

Let the barley be well washed, and then boil it down to one pint. Add sugar or lemon juice, or both, to suit the taste. Strain after boiling.

Rice Water.

Take two tablespoonfuls of rice, wash well and boil in a quart of water for an hour and a-half. Sweeten with sugar and flavor with nutmeg.

Arrowroot.

Mix two tablespoonfuls of arrowroot in a little cold water to soften the lumps, and make a paste. Bring a pint of water to the boiling point, put in the arrowroot, stir and boil a few minutes. Sweeten to the taste and flavor with nutmeg.

Sago.

Take of—

Sago.....2 tablespoonfuls.
Water. .....1 pint.

Boil gently, frequently stirring until it thickens. Add a little salt, and sugar and nutmeg.

Tapioca.

Take of—

Tapioca.....2 tablespoonfuls.
Water..... .....1 pint.

Boil gently for one hour. Add a little salt and sugar. New milk, wine or brandy may be added if desired.

Corn Starch.

Mix two tablespoonfuls of the starch in a little cold milk to a paste. Add this gradually to a pint of boiling milk, put in a little salt, stir briskly and boil for five minutes. Then flavor with essence of

vanilla, cinnamon or lemon, and sweeten to suit the taste.

Oatmeal Gruel.

Take a tablespoonful of oatmeal and mix it with a little water to a paste. Then pour on gradually a pint of boiling water, and boil for fifteen minutes, stirring frequently. Add a little salt, sugar and nutmeg.

Beef Tea.

Take of—

Lean Beef, cut into very small pieces..1 lb.
Water.....1 quart.

Cover and place near the fire for two hours. Then boil from 20 to 30 minutes, removing the scum as it rises, and add a little salt. Strain before using.

Essence of Beef.

Take a pound or sufficient quantity of lean beef sliced very fine, and put into a porter bottle until filled. Cork the bottle loosely, and place it in a pot or pan of cold water, using sufficient water to reach to the neck of the bottle. Fasten the neck of the bottle to the handle of the vessel by means of a string. Boil the water around the bottle for about three hours. Skim and add a little salt and pepper.

Wine Whey.

Prepare by boiling a pint of milk, and while boiling, add half a pint of sherry wine slowly, until completely mixed. Separate the curd by straining through muslin. Flavor with nutmeg, and sweeten to suit the taste.

THE SICK ROOM.

Management of the Sick Room.

In the selection and management of the sick room, location, temperature, sunlight, ventilation and quiet are prime considerations. The physician's orders should be implicitly obeyed, but it is necessary that those who have the care of the sick should have an intelligent perception of their needs, in order to efficiently carry out the directions of the attending physician. A room in an upper story of the house, on the sunny side, is to be preferred, if not exposed to noise. Every thing about the room should be bright and cheery, with as much simplicity as is consistent with comfort. Unless the patient is suffering with inflammation of the brain, eyes, a violent fever or some disease in which light is painful, as much sunlight should be admitted as will have an agreeable and grateful effect. Sunlight is one of the most grateful, reviving and potent agencies in rendering the patient cheerful and hopeful, thus facilitating a cure and hastening convalescence.

The air of the sick room should always be pure. The windows, if possible, should be so arranged as to admit of the continuous ingress of pure air, and the continuous egress of impure air. This frequently is impossible in consequence of the manner of their construction. When such is the case, the window the farthest removed from the bed should be raised as often as necessary to admit fresh air freely, care being taken to break the draught by curtains or blinds. With proper care the air of the room can be kept pure without exposing the patient to a draught.

The room, when fire is needed, should be maintained at the same temperature, as near as possible, all the time, say 65° F. For this purpose a thermometer should be kept in the room and consulted occasionally, but not so often as to be much noticed by the patient.

The sick room should be kept quiet, but there should be no feeling of gloom, dreariness or loneliness about it. The nurse and attendants should be gentle and cheerful, and when moving around, should make as little noise as possible. They should accustom themselves to move noiselessly, but the effort to do so should be so natural, as not to attract the attention of the patient.

If the patient is suffering with any acute disease, or is very feverish, very few visitors should be admitted. If the call of a visitor is followed by any restlessness or sense of discomfort, or, if the patient experiences a restless night, evidently owing to too much company during the day, then all company should be forbidden, except a very few intimate friends, and these only by permission of the attending physician. I know, from my own personal experience on a sick bed, and from observations at the bedside of others, that much conversation and company are exceedingly injurious to the sick. Friends should call and make inquiries, but should not enter the sick room if forbidden by the physician.

The patient should never be awakened from sleep, even to take medicine, except by the express orders of the doctor. If at any time during the day he feels sleepy, the room should be darkened, in order that he may secure that repose in sleep which nature so much demands.

Those who sit up during the night in attendance upon the sick should be provided with suitable refreshments, which will enable them to bear the loss of sleep much better than they otherwise could.

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